



Online Edition

### **Cook Healthy with Iron Chef Cat Cora**

*Time Out New York Kids*

January 24, 2008

Cat Cora, the Food Network's first and only female Iron Chef, will host an interactive workshop to teach families how to eat healthy through imaginative food preparation. A selection of children and parents in the audience will be invited to assist with preparation, and a food tasting will follow. Her workshop is part of an ongoing series of events taking place at the museum from now until the summer developed by Cora's organization Chefs for Humanity and the Children's Museum of Manhattan. Note: The Iron Chef workshop is free with paid admission. Tickets are limited and will be handed out at 12:30pm. *Sat 26 2pm. Children's Museum of Manhattan, 212 W 83rd St between Amsterdam Ave and Broadway (212-721-1234, [cmom.org](http://cmom.org)). Subway: B, C to 81st St–Museum of Natural History; 1 to 86th St. All ages.*

